

In the Realm of the Feminine

EGGLESS RECIPES FOR BOYCOTTING COOKS

FOLLOWING are a few attractive desserts that the most conscientious abstainer from eggs may serve without scruples:

Apple Sauce Pudding.
Cream together one tablespoonful of butter and a scant cupful of sugar; then beat in one cupful of strained apple sauce, half a teaspoonful of salt, one teaspoonful of ground cinnamon, half of a grated nutmeg, one teaspoonful of baking soda dissolved in a little hot water, two cupfuls of sifted flour and a small cupful of chopped and seeded raisins. Mix the ingredients thoroughly, turn into a ring mold that has been well greased and bake about forty minutes in a moderate oven. Serve hot with hard sauce, flavored with cherry.

Chocolate Bavarian Cream.
Cover the contents of half a box of gelatin with half a cupful of cold water and let it soak for half an hour. Grate two ounces of chocolate, add it to a pint of boiling milk with half a cupful of sugar and the gelatin and stir until all the ingredients are dissolved. Take from the fire and flavor with a scant teaspoonful of vanilla extract, turn into a bowl and beat with an egg beater until it begins to thicken. Have in readiness half a pint of whipped double cream, fold this into the gelatin preparation and pour into an ornamental mold. Set on the ice to chill and harden. Serve unmolded accompanied by a cream sauce.

Grape Juice Water Ice.
Boil together one quart of water and a pound of sugar for five minutes. Remove from the fire and when cold add one pint of unfermented grape juice and the strained juice of one lemon. Taste to see if it is sweet enough and freeze in the usual manner. Serve in small crystal sherbet cups, ornamented with a few crystallized cherries.

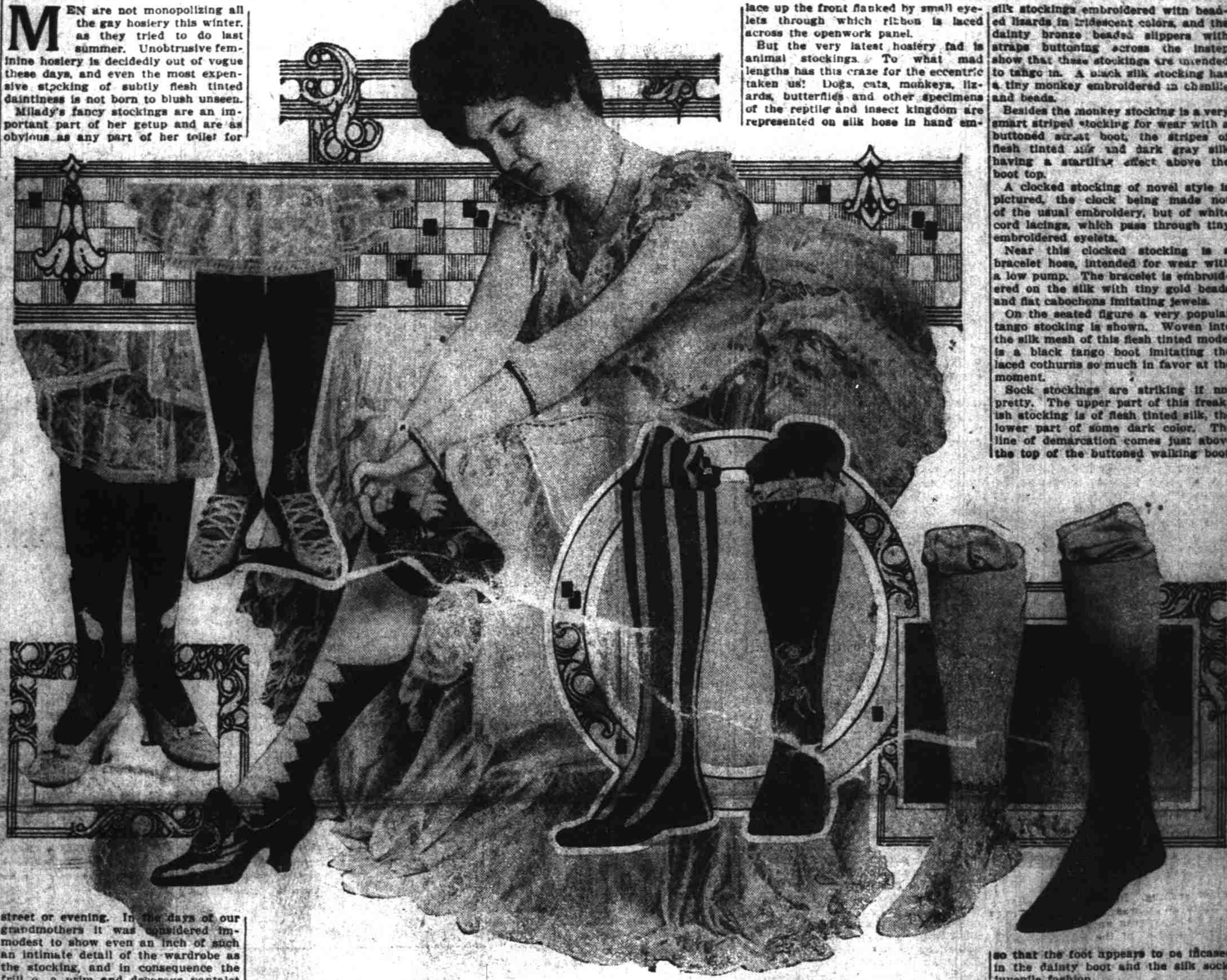
Nut Charlotte.
This dessert may be prepared in about ten minutes. Have half a pint of double cream, thoroughly chilled, add two tablespoonfuls of cold rich milk and with an egg beater whip the cream until it will stand alone; then very gradually add a small cupful of marshmallows, cooled, sugar to taste, one tablespoonful of chopped cherries and a small cupful of chopped nut meats. Turn into a glass bowl which has been lined with lady fingers and set on the ice to harden an hour before serving.

Lemon Tartlets.
Warm four ounces of butter, grate the rind of two lemons, add four ounces of powdered sugar, a few chopped almonds, one heaping tablespoonful of grated cake crumbs, and the juice of one lemon. Mix the ingredients well and pour into tart pans lined with a good puff paste. Bake for fifteen or twenty minutes in a quick oven. Serve cold.

Jam Roly Poly.
Free five ounces of suet from fiber and skin, have it very cold and chop very finely with half a pound of flour and half a teaspoonful of salt. Mix well and add sufficient ice water to make a paste that can be handled. Roll it out on the floured pastry board to about one inch in thickness, spread over it a pint of any preferred fruit jam, roll it up and tie securely in a well floured cloth, leaving plenty of room for it to swell. Put the pudding into a pot of actively boiling water and boil for two hours, or it may be steamed for two hours and a half. Serve with hard sauce.

Coquetry Unprecedented In Hosiery and Footwear

MEN are not monopolizing all the gay hosiery this winter, as they tried to do last summer. Unobtrusive feminine hosiery is decidedly out of vogue these days, and even the most expensive stocking of subtly flesh tinted daintiness is not born to blush unseen. Milady's fancy stockings are an important part of her getup and are as obvious as any part of her toilet for



THE ANIMAL FAD AS DISPLAYED IN STOCKINGS.

street or evening. In the days of our grandmothers it was considered immodest to show even an inch of such an intimate detail of the wardrobe as the stocking, and in consequence the frill of a prim and decorous pantalolet fell to the boot top.

All this has been changed, however, and nobody makes any bones—if one may thus refer to pretty ankles—nowadays of showing several inches of the anatomy above the slipper or boot top and beneath a generously slashed skirt.

Modern stockings are expensive items of the wardrobe, and whereas three for a dollar hosiery used to do duty for all ordinary occasions, with a pair or two of silk hose for special times, the well-dressed woman of the moment wears silk all the year round. Now

silk stockings at a dollar a pair at that, even with her street boots! Sometimes \$20 or \$25 is paid for a pair of evening stockings and bridal hose. Madalions with rose point and embroidered with cupids and true lovers' knots they run up to \$50 a pair and often over that sum.

The very latest type of stocking, gayety of the conventional sort is to be found in some Persian models—all of silk and completely covered with a floral pattern—as rich and almost as

expensive as an oriental rug. A valiant of the Persian stocking is a plain dark affair of silk with a panel of flowers up the front between openwork lines.

One may also have black silk hosiery with clocks of tiny brilliant rhinestones—these cost about \$5 a pair. Coarse net stockings, with rhinestones at the intersections of the threads, are ready to draw over flesh tinted silk hose, and one of the favorite stockings for dance wear has a panel of inset

lace up the front flanked by small eyelets through which ribbon is laced across the openwork panel.

But the very latest hosiery fad is animal stockings. To what mad lengths has this craze for the eccentric taken us! Dogs, cats, monkeys, lizards, butterflies and other specimens of the reptile and insect kingdom are represented on silk hose in hand em-

silk stockings embroidered with beads and laces in brilliant colors, and the dainty bronze beaded slippers with straps buttoning across the instep show that these stockings are intended to take in. A black silk stocking has a tiny monkey embroidered in chamille and beads.

Besides the monkey stocking is a very smart striped stocking for wear with a buttoned strap boot. The stripes of flesh tinted silk and dark gray silk having a startling effect above the boot top.

A clocked stocking of novel style is pictured, the clock being made not of the usual embroidery, but of white cord lacings, which pass through tiny embroidered eyelets.

Near this clocked stocking is a bracelet hose, intended for wear with a low pump. The bracelet is embroidered on the silk with tiny gold beads and flat cabochons imitating jewels.

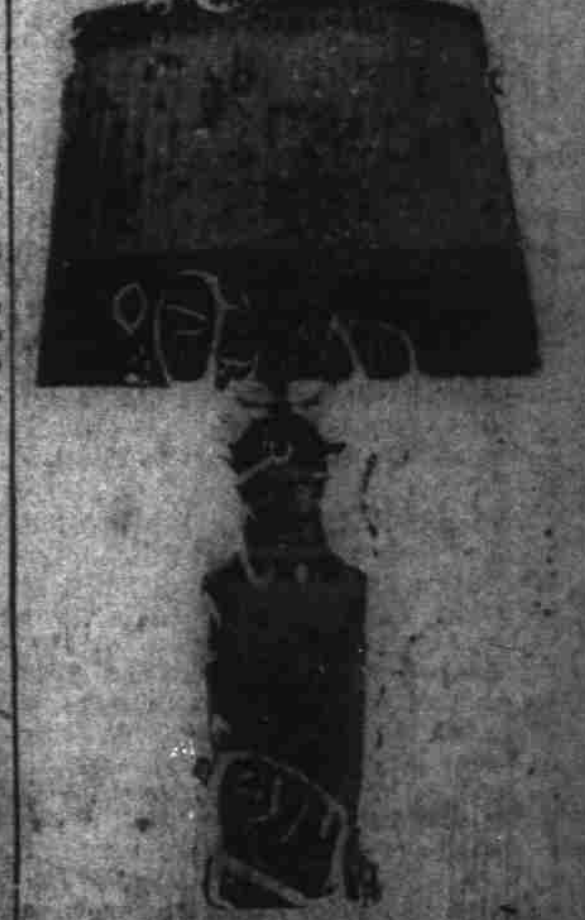
On the seated figure a very popular tango stocking is shown. Woven into the silk mesh of this flesh tinted model is a black tango boot imitating the laced corsetry so much in favor at the moment.

Sock stockings are striking if not pretty. The upper part of this freakish stocking is of flesh tinted silk, the lower part of some dark color. The line of demarcation comes just above the top of the buttoned walking boot.

THE LATEST THING IN LAMP SHADES

THIS is the age of the utilitarian, for the best practical woman of this twentieth century would ever have thought of making a lamp shade from her grandmother's old parasol top? An ingenious young housekeeper has accomplished this feat. She had among her inherited treasures an old high glass lamp with gilt trimmings and also a rose brocaded silk parasol tipped with carved ivory knobs. Combining these two treasures, she made a lamp and shade of which any interior decorator might be proud.

One sees at once that the shade has been a parasol, with merely the stick



AN EMPIRE SHADE IN DU BARRY SILK.

removed, as one charm of this idea is to show that an old parasol of bygone days and styles is being used.

In some cases the ribs are removed entirely, and the original covering put on a wire frame, though the transparent pieces forming the top show plainly that it was originally a parasol. The main idea is to keep the parasol effect and not have the lamp shade look like a modern covering patterned after a parasol.

Now that lamp shades with bright brocade linings are so modern the possessors of old fashioned lace carriage parasols should make use of them, for their possibilities are many. A number of these parasols belonging to our female ancestors are of bright green silk, and if you have a parasol of this description you are fortunate, as it can be adjusted to suit any kind of base or standard. Green blends with any dark, rich colored base, as well as with crystal or popular wooden stand-ards.

For the woman not blessed with sunshades the lamp shade pictured, although not quite so unique, will be an addition to her drawing room or boudoir lamp. It is in empire shape, and the material used is Du Barry rose brocaded silk filled in the frame top and bottom. A dull gilt fringe completes this delightfully artistic shade.

RECIPES TRIED AND FOUND VERY SUCCESSFUL BY WOMEN OF HONOLULU

[Hawaiian recipes recommended by Mrs. A. G. M. Robertson]

Although the Hawaiians can cook these things underground, they can be cooked successfully in an oven. When cleaning the leaves for cooking purposes, take a large leaf and peel off the hard stem from midway up the leaf down to the end.

HOT LAULAU (for 2 people).
½ pound pork.
½ pound salmon belly.
8 young leaves of the taro top or lau.

Cut the pork in quarters. Lay the leaves flat on top of one another. Lay pork and salmon on the leaves and roll the ends of the leaves over it all into a round ball. (In cleaning the taro leaves peel the veins off, starting from the stem.)

Re-roll the ball in 4 or 5 ti leaves, tying the ends together at the top. Place the laulau on the upper shelf of the oven, and a pan of hot water below, the steam of which will give it the proper moisture. Bake in a moderate oven for half an hour—sometimes more. Salmon should be previously soaked four or five hours.

LAWALU FISH.
Take 1 good-sized mullet, clean, season with salt; stuff the fish with any kind of dressing. Wrap up in 4 or 5 ti leaves, laying the fish lengthwise on the leaf. Place in a slow oven with pan of hot water below, as above. (In cooking fish or anything with ti leaves it is necessary to have a slow fire, otherwise the leaves will burn before the contents are cooked). Bake about 20 minutes, turning from side to side while it is being cooked.

CHICKEN AND LAU.
Required—three bundles of lau (taro top) to one chicken. Soak this about 7 hours. Peel the veins from each leaf just before you cook it. Boil in salted water. When it comes to the boiling point, empty out that water and pour on new hot salted water. When it comes to a second boil, empty the water again and pour on the milk from 2 coconuts. Note—coconut milk is the juice squeezed from the grated coconut pulp, not the liquid found inside the nut. Let simmer until milk is well mixed with lau (about 10 minutes), stirring all the time. Meantime have the chicken ready when the lau is finished. Pour off the gravy. Four lau into the chicken and serve.

LAU PUDDING OR KULALA.
Take of grated raw lau.
A cup of coconut milk separated from the water. Mix well and bake for 15 minutes.

PAPOA PUDDING.
Take of papaya, remove seeds and cut into small pieces. Pound in a pestle. Add coconut milk and sugar to taste. Put in a bowl and steam for 15 minutes. Then put in a bowl and steam for 15 minutes. Then put in a bowl and steam for 15 minutes.

Sweeten to taste. Mix well and serve hot.

HAWAIIAN STARCH PUDDING OR HAU PIA.
Juice or milk of one grated coconut heated. Add ¼ cup of Hawaiian starch made from arrowroot (corn starch may be substituted). Sweeten to taste. Put aside to cool and harden. Serve with coconut milk.

KUKUI NUT RELISH OR INAMONA.
Take 2 dozen nuts taken just after they have fallen from the tree. Peel off the green pulp and put aside for 4 or 5 days. Then put nuts into a hot baking pan and place in a moderate oven and bake for about half an hour or until they get very dark. Then remove from oven, cool, crack and scoop out the meat from each nut into a wooden chopping bowl. Chop well, adding salt from time to time. Take 6 large red chili peppers, clean, remove seeds and boil whole. When done, scoop the meat from the skin, mix with the nuts. This makes a good dressing for the lawalau fish.

HAWAIIAN BLACK SEA WEED—LINU KEELE.
This really is green in color—resembling long green threads. They are seaweeds at the fish market. They are eaten with any kind of meat or fish. Linu keele is brown sea weed, and is eaten the same way or with fish.

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COSTUME OF ORIENT OR OCCIDENT FOR JAPANESE WOMEN?—FIRST WINS

"Should the Japanese women of Honolulu adopt the costume of the Occident or continue to wear the garb typical of their native land?"

The solution of the foregoing question is at present creating no little interest in the local Japanese community, judging from the numerous communications on the subject being received by the Hawaii Shinto, the daily Japanese newspaper, and published therein.

The Hawaii Shinto recently asked for opinions in the matter, and many Nipponese business men of Honolulu

have availed themselves of the opportunity of presenting their views. The dainty, long-sleeved kimono seems doomed to go, according to the gist of the majority of the communications, for the consensus of opinion, according to Editor S. S. Sheba, is that the Japanese women should cast aside the obi and other native garments, and don the raiment so dear to the average American woman of today.

"Broaching the subject has created much interest," said Mr. Sheba this morning. "I would like to know what persons other than Japanese think about such a change of costume?"

FOOD COOKED IN EARTHENWARE

Because of the French name many believe that the casserole proper is a utensil without which it is impossible to acquire the delicious flavors that accompany this type of cookery. To be sure, there are casseroles, and casseroles, at any price, and size from 50 cents upward—decorated, silver-plated or of a plain glazed ware—but after all, they are just earthenware dishes with well-fitting covers performing the same duty as a pot, a pan, a crock or a earthen mixer bowl covered with an old plate, which should be tilted occasionally to let the gases escape, the results are identical, provided the few rules for casserole cooking are followed, says a writer for the Country Gentleman.

First, the food should be entirely prepared before the baking is begun; second the oven should only be moderately hot at first, then, reduce to

slow heat; third, the food should not be allowed to boil and must be given time enough for long cooking. In this respect the housewife will have to think ahead, for a meat casserole of any kind needs at least an hour and a half to cook, while many meats, fruits and desserts require from three hours upward. In the old days when the Dutch oven was in use covered crocks containing beans or apples for sauce were put in the oven at night to cook slowly until morning, the old flavors so delicious to memory being due to the prolonged baking. Casserole cooking is only a modernization of this old frugal husbandry of every degree of heat, and though it cannot entirely supplant other methods of cookery it will make possible many an afternoon of leisure for the housewife.

For best results meat or fish for a casserole should be cut in pieces suitable for serving, and some thickening agent added that will absorb the ex-

SHORT TALKS ON BABY LOGIC

ARTICLE NO. 2

THE natural, the best food for the newborn babe is mother's milk. And the Creator has given the average woman strength to nourish her child in this natural way. Sometimes, directly after the baby's birth, the mother is very weak; then well meaning but interfering relatives and advisers urge her to wean the baby at once, when with a little patience the supply of milk would be ample. Unless the mother is anemic or suffering from constitutional or acute disease the baby will thrive best on mother's milk, and the ability to nurse the baby until a safe time for weaning can be encouraged by careful attention to the mother's diet, says Anna Steese Richardson in the Woman's Home Companion.

A well-balanced diet, made up from a variety of foods which the mother craves, will nourish both mother and child.

Meat that is easily digested, like chicken, beef and lamb, is better than pork and veal. Fish may occasionally be substituted for meat, and eggs are desirable if they do not create a bilious condition. Green vegetables and fresh or stewed fruits the mother should have in quantity. On the other hand, she should avoid excesses in diet,

whether this be tea, coffee, sweets or pastries. Light desserts do no harm, but rich pies and puddings that keep the mother awake at night will have precisely the same effect on the baby. No young mother should listen to what doctors call "old women's tales"—bad advice about extremes in diet. I have heard a young mother say that she was drinking milk to make her milk more nourishing for the baby. And how she did hate that milk! It nauseated her every time she drank it.

When the doctors told her that anything which nauseated her would affect the baby in the same way she was actually relieved. Yet she had been forcing herself to drink the milk because an elderly neighbor had told her what wonders it had done for other women. Doctors, not neighbors, should be consulted about these problems.

Another condition of the mother which will affect the baby's digestion is nervousness. A baby should not be nursed when the mother is angry or is suffering from shock of any sort. The mother who is very tired from her household duties should sit or lie down and relax before nursing the baby. If she sips a glass of milk or eats a cracker or biscuit before nursing the baby she will help its digestion.

layer, as is done in making ecclloped potatoes. Crumbs seem most suitable with fish, though spaghetti is often used when tomato is among the ingredients. In case the casserole is of a type that may be quickly prepared, like fish or young chicken, potatoes are often added, but if it needs long cooking they should not be used, as a little extra is sprinkled over each

Hearts

are hard to win when one's complexion is spotted by pimples, freckles and blotches. Strive for your complexion by using your complexion cream, with

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